DO YOU CARE FOR A FAMILY MEMBER OR FRIEND?

THEN A CARER CHAT SESSION,

INCLUDING MORNING TEA MAY BE FOR YOU

The Illawarra Commonwealth Respite and Carelink Centre is hosting a morning tea and information session for carers. Why not take a break and come and enjoy morning tea and a chat with other carers and staff from Illawarra Commonwealth Respite and Carelink Centre.

Upcoming dates are:
Wednesday 11 May 10.00—12noon
   Committee Room,
   Nowra Showground,
   Bridge Road, Nowra
Wednesday 22 June 10.00—12noon
   Acacia Room
   Ribbonwood Centre
   Princes Highway, Dapto

Bookings can be made by calling the centre during office hours on 4295 5532. Respite may be available.

SUSSEX INLET CARER DROP IN

Meets the 1st Friday of the month 10.00am—12noon.
Sussex Inlet Neighbourhood Centre
161-163 Jacobs Drive, Sussex Inlet
Open to carers in any situation to meet for information, support and a chat. Upcoming dates for 2016: May 6, June 3 & July 1

Call Illawarra Commonwealth Respite & Carelink Centre for further information on 1800 052 222.
Art & Dementia Tour Program – Wollongong Art Gallery
This program allows individuals and groups of people who have dementia to have meaningful engagement with Wollongong Art Gallery’s exhibitions and collection.

Cost: Free
When: First Friday of every month, 11am – 12pm
Next Sessions: 6 May
3 June
1 July

Bookings essential: Places are limited to 8 participants (excluding carers).
Carers are invited for tea and coffee while participants with dementia partake in the guided tour.

For bookings and enquiries phone our Education Officer, Julie Danilov on 4227 8506.

EDUCATION FOR CARERS
Caring for someone with Dementia?
Carunya and the Dementia Advisory Service run monthly education sessions. The sessions are informal and we give you time to ask questions. We may also be able to provide respite whilst you attend.

Warilla meeting dates are the first Tuesday of the month from 10am-12noon and are held in the Board Room of Warilla Bowling & Recreation Club.

Upcoming meetings are:
3 May
7 June

If you would like further information please call Paula at Carunya on 4297 1011.

Wollongong meetings are held the forth Tuesday of the month from 10.30am 12noon and are held in the Sonata Room at the Master Builders Club, Wollongong.

The next few meetings are:
26 April
24 May
28 June

More information for the Wollongong group can be obtained by calling Angela at Carunya on 4297 1011.

You are invited to participate in a group interview to review a new website: www.dementiameds.com
For more information contact: Fran Horne
Phone: 0410 584 685
Email: fmh95@uowmail.edu.au
Open to all family carers / friends of individuals living with a dementia or memory loss.
Dementia Friendly Kiama Project

The Dementia Friendly Kiama Project is a pilot project that provides strategies for Kiama to work towards being one of Australia’s first Dementia Friendly Communities.

The University of Wollongong undertook research with residents, businesses and organisations in Kiama to establish attitudes to dementia, aspects of the physical environment that require change, and generally what it is like to live in Kiama for people with dementia. The research gave the project a basis to form actions and aims. Through a Liveable Communities grant sponsored by Local Government NSW, we have been able to secure a dedicated project worker to action the recommendations of the Dementia Alliance. It is also supported by the Dementia Advisory Group.

How Will We Achieve This?

*A dementia friendly community is a place where people with dementia are supported to live a high quality of life with meaning, purpose and value.*

Based on population estimates produced by Alzheimer’s Australia, there are more than 400 people living with dementia in the Kiama Municipality.

In Kiama, we aim to increase community awareness and understanding of dementia by:

- New opportunities for social participation and involvement in the community for people with dementia, including volunteering, and participation in clubs and groups
- Supporting organisations to become dementia-friendly and train staff to better communicate with people with dementia
- Working with GP’s and the business communities to provide dementia awareness

It is expected that as well as generating positive outcomes for people living with dementia, the actions of the project will improve access for Kiama’s older residents, residents with disability, and carers alike.

How Can Carers Get Involved?

- **Attend a dementia Information session.** Education on dementia, breaking down some of the stereotypes, and providing practical training on effective communication with people with dementia. The next sessions will be in June 2016. Email melissaa@kiama.nsw.gov.au

- **Encourage the person with dementia that you care for to join our Dementia Advisory Group (D.A.G).** This group offers an opportunity to actively participate in the Dementia Friendly Project. Carers may attend with a person that they support.

- **Join the Southern D.A.Gs monthly Picnic.** An informal, monthly get-together for people with dementia and carers. Contact Lynda for details: 0417 468 977.

- **Attend a Dementia and Driving Workshop on April 9th.** Learn the facts about driving with dementia and be introduced to a new resource that helps to make decisions about driving with dementia. Places are limited, email melissaa@kiama.nsw.gov.au for details.

For more information about the project and how to get involved go to www.dementiais.com
The University of Wollongong is running an innovative project supporting carers and people living with dementia to ‘Rethink Respite’.

The project has engaged carers, people living with dementia and local service providers. It aims to improve carer knowledge of local respite services, promote positive attitudes and re-position respite, and provide practical and emotional support for service use.

Available for carers and people living with dementia in the Illawarra and Shoalhaven area:

- **ReThink Respite Coaching** with free, tailored support for people living with dementia and their carers.
- **ReThink Respite Presentations** and information sessions/stalls

Further information about the Rethink Respite project contact:

Dr Lyn Phillipson  [lphillip@uow.edu.au](mailto:lphillip@uow.edu.au) or 4221 4773

For information about the Rethink Respite Coaching contact:

Dr Liz Cridland  [liz_cridland@uow.edu.au](mailto:liz_cridland@uow.edu.au) or 4221 4226

This work is supported by the Alzheimer’s Australia Dementia Research Foundation via the Resthaven Incorporated Dementia Research Award.
Did you know that deep breathing is a quick stress relief?

Take a deep breath through your nose, hold it for four seconds and then let it out through your mouth as if through a straw.

As you release the air, let your body relax and then repeat four times.
Train your Brain

IMPROVE MEMORY & LANGUAGE ABILITIES, WHILE STRENGTHENING FOCUS AND CONCENTRATION

Research shows that performing brain training in a group is far more effective than doing it alone. Join our 10 week group and use some fun, specially designed apps which aim to improve a range of cognitive skills.

iPads are provided, or bring your own. iPads can also be purchased at a reduced rate via a payment plan.

Charges Apply. $7.50 per week for concession card holders, $20 per week for non-concession card holders. To register your interest or for more information, please call 4428 7300. Fridays 11.30-12.30.

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